

In the Claims:

1-18 (canceled)

19. (new) A physiological food salt product including an alkaline earth metal component, the product comprising:

at least one hydrate form having the general formula $MNH_4Cl_3 \times XH_2O$, wherein M represents Mg or Mg and Ca and X represents the number of molecules of water of crystallization and is in the range of 4 to 6.

20. (new) The product according to claim 19, wherein the hydrate is in a complex form.

21. (new) The product according to claim 19, wherein the general anhydrous formula of the salt contained in the product is $aMg \times bCa \times NH_4Cl_3$, in which $a + b = 1$, and a and b are greater than 0, and in which part of the ammonium can be replaced with potassium.

22. (new) The product according to claim 19, wherein the general anhydrous formula of the salt contained in the product is in the type $MgNH_4Cl_3 \times eCaCl_2$.

23. (new) The product according to claim 22, wherein e is not greater than 0.2 and part of the ammonium is replaced with potassium.

24. (new) The product according to claim 19, wherein the general anhydrous formula of

the salt contained in the product is $Mg \times cNH_4 \times dK \times Cl_3$, in which $c + d = 1$, and c and d are greater than 0.

25. (new) The product according to claim 24, wherein $c \geq 0.5$.

26. (new) The product according to claim 19, further comprising:
at least one of sodium chloride and potassium chloride.

27. (new) The product according to claim 26, wherein the content of said hydrate of said general formula in the mixture is at least 2.5 wt-% calculated as magnesium.

28. (new) The product according to claim 27, wherein the content of said hydrate of said general formula in the mixture is at least 3.0 wt-%, calculated as magnesium.

29. (new) The product according to claim 19, further comprising:
materials that are advantageous to vital functions.

30. (new) The product according to claim 29, wherein the materials that are advantageous to vital functions comprise at least one of micronutrients, vitamins, flavonoids, and steroids.

31. (new) The product according to claim 19, further comprising:
additives affecting primarily the taste of the product.

32. (new) The product according to claim 19, wherein the additives affecting primarily the taste of the product comprise at least one of carbohydrates, polymeric forms of carbohydrates, spices, herbs, acidity regulators, glutamates, proteins, and protein hydrolysates.

33. (new) A nutrient substance, a semi-finished product, a processed food product, or a food portion, wherein a food salt product including magnesium ammonium chloride of the general formula according to claim 19 has been used, in solid form or in a solution, in at least one of processing and preservation of the nutrient substance, semi-finished product, processed food product, or food portion.

34. (new) A method for preparing a food salt product containing an alkaline earth metal component, wherein an alkaline earth metal chloride and ammonium chloride are brought together in a solution form, wherein a precipitate is formed which contains one or several hydrate forms of an alkaline earth metal ammonium chloride, having the general formula of $MNH_4Cl_3 \times XH_2O$, wherein M represents Mg or Mg and Ca and X represents the number of molecules of water of crystallization and is in the range of 4 to 6, and the obtained precipitate is separated from the mother liquor.

35. (new) The method according to claim 34, wherein the precipitation is performed in a continuous process, returning the mother liquor after the separation of the precipitate to the stage in which it is supplemented with the alkaline earth metal chloride and ammonium chloride.

36. (new) The method according to claim 34, wherein the solution form contains both magnesium chloride and calcium chloride to include calcium in the product.

37. (new) The method according to claim 34, wherein the solution form includes KCl.

38. (new) The method according to claim 34, wherein the pH of the mother liquor is adjusted by means of a hydroxide.

39. (new) The method according to claim 38, wherein the hydroxide is potassium or ammonium hydroxide.

40. (new) The method according to claim 38, wherein the pH of the mother liquor is adjusted to prevent premature crystallization of free ammonium chloride.